

# **Cookbook for Otsego High School**

**Created by HPS Menu Planner**

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# Pepperoni Pizza

|                      |            |                       |                  |
|----------------------|------------|-----------------------|------------------|
| <b>Servings:</b>     | 24.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Slice | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch      | <b>Recipe ID:</b>     | R-17444          |

## Ingredients

| Description                     | Measurement | Prep Instructions            | DistPart # |
|---------------------------------|-------------|------------------------------|------------|
| DOUGH PIZZA SHTD 16 20-26Z RICH | 3 Each      | Cut pizza into 8 even slices | 570818     |
| SAUCE PIZZA W/BASL 6-10 REDPK   | 3 Cup       |                              | 256013     |
| CHEESE MOZZ SHRD 4-5 LOL        | 12 Cup      |                              | 645170     |
| PEPPERONI SLCD 14-16/Z 2-5 GFS  | 48 Serving  |                              | 729981     |

## Preparation Instructions

1. Thaw dough over night & proof.
  2. Preheat oven to 325 F
  3. Place 1 cup sauce and 4 cups cheese over proofed dough
  4. Place 16 pepperoni evenly over pizza
  5. Cook for 10 minutes. Check to see if cheese is melted and dough is lightly browned. If not, continue cooking.
- CCP: 165F

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.22 |
| <b>Grain</b>    | 3.41 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Slice

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 214.69                  |
| <b>Fat</b>              | 12.39g                  |
| <b>SaturatedFat</b>     | 7.06g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 30.47mg                 |
| <b>Sodium</b>           | 448.44mg                |
| <b>Carbohydrates</b>    | 8.38g                   |
| <b>Fiber</b>            | 1.13g                   |
| <b>Sugar</b>            | 4.25g                   |
| <b>Protein</b>          | 15.22g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 412.50mg | <b>Iron</b> 0.77mg      |

# Cheese Pizza

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 16.00     | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-18401          |

## Ingredients

| Description       | Measurement  | Prep Instructions | DistPart # |
|-------------------|--------------|-------------------|------------|
| Pizza Crust       | 16 Each      |                   |            |
| Sauce pizza       | 8 Ounce      |                   |            |
| Mozzerella Cheese | 25 3/5 Ounce |                   | 105077     |

## Preparation Instructions

Prepare as directed during smart mouth training.

CCP: Hold at 135 degrees or higher for hot service.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.60 |
| <b>Grain</b>    | 3.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                            |                          |
|----------------------------|--------------------------|
| <b>Calories</b>            | 439.00                   |
| <b>Fat</b>                 | 21.00g                   |
| <b>SaturatedFat</b>        | 9.60g                    |
| <b>Trans Fat</b>           | 0.00g                    |
| <b>Cholesterol</b>         | 56.00mg                  |
| <b>Sodium</b>              | 745.00mg                 |
| <b>Carbohydrates</b>       | 39.60g                   |
| <b>Fiber</b>               | 4.00g                    |
| <b>Sugar</b>               | 5.60g                    |
| <b>Protein</b>             | 24.00g                   |
| <b>Vitamin A</b> 1790.00IU | <b>Vitamin C</b> 36.00mg |
| <b>Calcium</b> 580.00mg    | <b>Iron</b> 2.38mg       |

# Hawaiian Pizza

|                      |            |                       |                   |
|----------------------|------------|-----------------------|-------------------|
| <b>Servings:</b>     | 8.00       | <b>Category:</b>      | Entree            |
| <b>Serving Size:</b> | 1.00 Piece | <b>HACCP Process:</b> | Complex Food Prep |
| <b>Meal Type:</b>    | Lunch      | <b>Recipe ID:</b>     | R-19306           |

## Ingredients

| Description                          | Measurement | Prep Instructions   | DistPart # |
|--------------------------------------|-------------|---|------------|
| DOUGH BALL PIZZA<br>20-17Z PG        | 1 Each      |   | 108920     |
| PINEAPPLE TIDBITS<br>IN JCE 6-10 GFS | 1/2 Cup     |   | 189979     |
| Turkey Ham, Diced,<br>Frozen         | 16 Ounce    | <b>THAW</b><br>Keep product frozen at 0°F. or below until ready to use. Defrost frozen product slowly and thoroughly in a refrigerator for 24 hours. Never defrost at room temperature. Upon completion of thawing process, product should be used within 5 days. Open packages and use in applications or as salad bar topping | 839770     |
| 96-2Z SAUCE<br>MARINARA<br>REDNA2Z96 | 16 Ounce    |   | 861690     |
| CHEESE SHRED REG<br>MOZZARELLA 12/8Z | 16 Ounce    |   | 939815     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.06 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Piece

|                           |          |                  |        |
|---------------------------|----------|------------------|--------|
| <b>Amount Per Serving</b> |          |                  |        |
| <b>Calories</b>           | 94.55    |                  |        |
| <b>Fat</b>                | 4.31g    |                  |        |
| <b>SaturatedFat</b>       | 1.04g    |                  |        |
| <b>Trans Fat</b>          | 0.00g    |                  |        |
| <b>Cholesterol</b>        | 38.44mg  |                  |        |
| <b>Sodium</b>             | 253.81mg |                  |        |
| <b>Carbohydrates</b>      | 5.12g    |                  |        |
| <b>Fiber</b>              | 0.20g    |                  |        |
| <b>Sugar</b>              | 1.88g    |                  |        |
| <b>Protein</b>            | 9.49g    |                  |        |
| <b>Vitamin A</b>          | 0.00IU   | <b>Vitamin C</b> | 1.13mg |

**Calcium** 14.54mg **Iron** 0.63mg

# Chef Salad

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 5.00      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-17447 |

## Ingredients

| Description  | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| Lettuce FR Romaine US #1, 24 CT 35 LB CS-Graves County Schools | 7 1/2 Cup   |                   | 16P33      |
| CARROT SHRD MED 2-5 RSS  | 1 1/4 Ounce |                   | 313408     |
| CUCUMBER 6CT P/L   | 10 Slice    |                   | 100435     |
| TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO                           | 10 Ounce    |                   | 244190     |
| EGG HARD CKD PLD DRY PK 12-12CT PAP                            | 2 1/2 Each  |                   | 853800     |
| CHEESE CHED SHRD 6-5 COMM                                      | 1 1/4 Ounce |                   | 199720     |
| CRACKER GLDFSH CHED WGRAIN 300-.75Z                            | 5 Package   |                   | 736280     |

## Preparation Instructions

Rinse Romaine Lettuce, Cucumber, and Tomato well.

Chop Romaine and Place 1.5 cups into plastic container. Slice cucumbers and place 2 slices on top of lettuce. Wedge Tomatoes into 6 wedges and place one in container.

Chop Turkey into 1/2 in pieces and place on top of Romaine. Place Cheddar Cheese on top of Turkey . Slice Egg in half and put one half in container. Sprinkle carrots over all. Place 1 pkg. Goldfish and 1 pkg Croutons on lid of container and close container. Store at 41 degrees F or lower until service.

Serving size: 1 salad

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.58 |
| <b>Grain</b>    | 1.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.75 |
| <b>RedVeg</b>   | 0.07 |
| <b>OtherVeg</b> | 0.15 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

|                           |          |
|---------------------------|----------|
| <b>Amount Per Serving</b> |          |
| <b>Calories</b>           | 199.06   |
| <b>Fat</b>                | 9.00g    |
| <b>SaturatedFat</b>       | 3.42g    |
| <b>Trans Fat</b>          | 0.00g    |
| <b>Cholesterol</b>        | 100.00mg |
| <b>Sodium</b>             | 295.42mg |
| <b>Carbohydrates</b>      | 18.02g   |
| <b>Fiber</b>              | 2.42g    |

|                            |                         |
|----------------------------|-------------------------|
| <b>Sugar</b>               | 1.88g                   |
| <b>Protein</b>             | 10.84g                  |
| <b>Vitamin A</b> 7335.49IU | <b>Vitamin C</b> 4.09mg |
| <b>Calcium</b> 143.03mg    | <b>Iron</b> 2.17mg      |



# Garden Salad

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 4.00      | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-17448          |

## Ingredients

| Description             | Measurement | Prep Instructions                                  | DistPart # |
|-------------------------|-------------|--|------------|
| Romaine, Chopped        | 3/5 Cup     | 1 cup dished=1/2 cup served<br>wash all vegetables | 15D44      |
| Carrots, baby           | 1/10 Cup    | Wash all vegetables                                | 18D69      |
| Grape Tomatoes          | 3 1/5 Each  |  | 749041     |
| CUCUMBER 1-24CT P/L     | 3/25 Slice  | Wash and slice thin                                | 238653     |
| BEAN GARBANZO 6-10 GCHC | 1/100 Cup   | drain and rinse                                    | 118753     |

## Preparation Instructions

Wash all vegetables, arrange vegetables on top of salad lettuce

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.08 |
| <b>RedVeg</b>   | 1.21 |
| <b>OtherVeg</b> | 0.01 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 3.49   |                  |        |
| <b>Fat</b>           | 0.01g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 7.66mg |                  |        |
| <b>Carbohydrates</b> | 0.65g  |                  |        |
| <b>Fiber</b>         | 0.03g  |                  |        |
| <b>Sugar</b>         | 0.03g  |                  |        |
| <b>Protein</b>       | 0.04g  |                  |        |
| <b>Vitamin A</b>     | 0.55IU | <b>Vitamin C</b> | 0.01mg |
| <b>Calcium</b>       | 0.44mg | <b>Iron</b>      | 0.01mg |

# Yogurt Parfait

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 15.00     | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-17685 |

## Ingredients

| Description                        | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| YOGURT VAN L/F 4-5 GCHC            | 15 Cup      |                   | 881161     |
| GRANOLA OAT&HNY BULK 4-50Z NATVLLY | 7 1/2 Cup   |                   | 226671     |
| Variety of Fruit                   | 15 1/2 cup  |                   |            |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.50 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 460.60   |                  |        |
| <b>Fat</b>           | 5.22g    |                  |        |
| <b>SaturatedFat</b>  | 2.24g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 14.93mg  |                  |        |
| <b>Sodium</b>        | 375.67mg |                  |        |
| <b>Carbohydrates</b> | 94.63g   |                  |        |
| <b>Fiber</b>         | 6.24g    |                  |        |
| <b>Sugar</b>         | 57.54g   |                  |        |
| <b>Protein</b>       | 12.69g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 323.88mg | <b>Iron</b>      | 1.07mg |

# Chicken Club Sandwich

|                      |               |                       |         |
|----------------------|---------------|-----------------------|---------|
| <b>Servings:</b>     | 50.00         | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Sandwich | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch         | <b>Recipe ID:</b>     | R-18388 |

## Ingredients

| Description                                | Measurement | Prep Instructions  | DistPart # |
|--|-------------|--|------------|
| CHIX PTY GRLLD 2.5Z 6-5 GLDKST             | 50 Each     | Cook chicken breast according to directions.<br>CCP: Hold hot at 135F or higher. | 786520     |
| CHEESE AMER 160CT SLCD 6-5 COMM            | 50 Slice    |  | 150260     |
| BACON CKD 3-100CT FAST N EASY              | 50 Ounce    | Cook bacon according to directions.  | 125141     |
| Aunt Millie's 4" Whole Grain Hamburger Bun | 50 bun      | BAKE   | 3159       |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.50 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

|                      |           |                  |        |
|----------------------|-----------|------------------|--------|
| <b>Calories</b>      | 500.00    |                  |        |
| <b>Fat</b>           | 24.50g    |                  |        |
| <b>SaturatedFat</b>  | 8.50g     |                  |        |
| <b>Trans Fat</b>     | 0.00g     |                  |        |
| <b>Cholesterol</b>   | 117.50mg  |                  |        |
| <b>Sodium</b>        | 1135.00mg |                  |        |
| <b>Carbohydrates</b> | 1.50g     |                  |        |
| <b>Fiber</b>         | 0.00g     |                  |        |
| <b>Sugar</b>         | 0.50g     |                  |        |
| <b>Protein</b>       | 30.50g    |                  |        |
| <b>Vitamin A</b>     | 250.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 75.00mg   | <b>Iron</b>      | 0.72mg |

# sliced tomato

|                      |            |                       |           |
|----------------------|------------|-----------------------|-----------|
| <b>Servings:</b>     | 20.00      | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 2.00 Ounce | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch      | <b>Recipe ID:</b>     | R-19252   |

## Ingredients

| Description             | Measurement | Prep Instructions             | DistPart # |
|-------------------------|-------------|-------------------------------|------------|
| TOMATO RANDOM 2 25 MRKN | 20 Cup      | Slice in uniform thin slices. | 508616     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 1.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

|                      |           |                  |         |
|----------------------|-----------|------------------|---------|
| <b>Calories</b>      | 32.40     |                  |         |
| <b>Fat</b>           | 0.40g     |                  |         |
| <b>SaturatedFat</b>  | 0.10g     |                  |         |
| <b>Trans Fat</b>     | 0.00g     |                  |         |
| <b>Cholesterol</b>   | 0.00mg    |                  |         |
| <b>Sodium</b>        | 9.00mg    |                  |         |
| <b>Carbohydrates</b> | 7.00g     |                  |         |
| <b>Fiber</b>         | 2.20g     |                  |         |
| <b>Sugar</b>         | 5.00g     |                  |         |
| <b>Protein</b>       | 1.60g     |                  |         |
| <b>Vitamin A</b>     | 1499.40IU | <b>Vitamin C</b> | 24.66mg |
| <b>Calcium</b>       | 18.00mg   | <b>Iron</b>      | 0.49mg  |

# Sliced Cucumber

|                      |            |                       |           |
|----------------------|------------|-----------------------|-----------|
| <b>Servings:</b>     | 25.00      | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 2.00 Ounce | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch      | <b>Recipe ID:</b>     | R-19255   |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <b>Protein</b>       | 0.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg | <b>Iron</b>      | 0.00mg |

# Green Pepper diced

|                      |            |                       |           |
|----------------------|------------|-----------------------|-----------|
| <b>Servings:</b>     | 10.00      | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 1.00 Ounce | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch      | <b>Recipe ID:</b>     | R-19258   |

## Ingredients

| Description            | Measurement | Prep Instructions                 | DistPart # |
|------------------------|-------------|-----------------------------------|------------|
| PEPPERS GREEN 12CT P/L | 10 Cup      | dice peppers in medium size dices | 100995     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Ounce

#### Amount Per Serving

|                      |          |                  |          |
|----------------------|----------|------------------|----------|
| <b>Calories</b>      | 29.80    |                  |          |
| <b>Fat</b>           | 0.30g    |                  |          |
| <b>SaturatedFat</b>  | 0.10g    |                  |          |
| <b>Trans Fat</b>     | 0.00g    |                  |          |
| <b>Cholesterol</b>   | 0.00mg   |                  |          |
| <b>Sodium</b>        | 4.50mg   |                  |          |
| <b>Carbohydrates</b> | 7.00g    |                  |          |
| <b>Fiber</b>         | 2.50g    |                  |          |
| <b>Sugar</b>         | 4.00g    |                  |          |
| <b>Protein</b>       | 1.30g    |                  |          |
| <b>Vitamin A</b>     | 551.30IU | <b>Vitamin C</b> | 119.80mg |
| <b>Calcium</b>       | 14.90mg  | <b>Iron</b>      | 0.51mg   |

# diced onion

|                      |            |                       |           |
|----------------------|------------|-----------------------|-----------|
| <b>Servings:</b>     | 5.00       | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 1.00 Ounce | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch      | <b>Recipe ID:</b>     | R-19256   |

## Ingredients

| Description             | Measurement | Prep Instructions          | DistPart # |
|-------------------------|-------------|----------------------------|------------|
| ONION RED JUMBO 10 MRKN | 5 Ounce     | dice onions in small dices | 596973     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.07 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Ounce

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 11.31  |                  |        |
| <b>Fat</b>           | 0.03g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 1.14mg |                  |        |
| <b>Carbohydrates</b> | 2.57g  |                  |        |
| <b>Fiber</b>         | 0.49g  |                  |        |
| <b>Sugar</b>         | 1.14g  |                  |        |
| <b>Protein</b>       | 0.31g  |                  |        |
| <b>Vitamin A</b>     | 0.57IU | <b>Vitamin C</b> | 2.09mg |
| <b>Calcium</b>       | 6.51mg | <b>Iron</b>      | 0.06mg |

# Summer Corn Salad

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 20.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-17470          |

## Ingredients

| Description                           | Measurement   | Prep Instructions                                    | DistPart # |
|---------------------------------------|---------------|--|------------|
| CORN WHL KERNEL R/SOD 6-10 P/L        | 10 67/100 Cup | Drain liquid.<br>1 can = 20 (1/2 c) servings drained | 222011     |
| TOMATO GRAPE SWT 10 MRKN              | 2 1/2 Cup     | Halved   | 129631     |
| PEPPERS COLORED MIXED ASST 12CT P/L   | 1 Cup         | Seeded & Diced                                       | 491012     |
| PEPPERS GREEN LRG 5 MRKN              | 1 1/2 Cup     | Seeded & Diced                                       | 592315     |
| OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS | 33/100 Cup    |  | 732900     |
| JUICE LIME KEY WEST 4-1GAL NL&JO      | 3 Fluid Ounce |  | 332381     |
| SPICE PEPR BLK REG GRIND 16Z TRDE     | 1 Teaspoon    |  | 225037     |

## Preparation Instructions

1. Drain corn. (If using frozen corn, let thaw).
2. Cut grape tomatoes into halves.
3. Dice Bell peppers.
4. Transfer all vegetables to a large bowl.
5. Add in lime juice, olive oil, pepper (and 1/4 tsp salt if using frozen corn).
6. Toss salad until all flavors and colors are combined. CCP: Hold for cold service at 41 F or below.

\*\*Allergens: None

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.13 |
| <b>OtherVeg</b> | 0.13 |
| <b>Legumes</b>  | 0.00 |



**Nutrition Facts**

Servings Per Recipe: 20.00

Serving Size: 1.00 Cup

**Amount Per Serving****Calories** 125.23**Fat** 4.85g**SaturatedFat** 0.28g**Trans Fat** 0.00g**Cholesterol** 0.00mg**Sodium** 140.31mg**Carbohydrates** 16.84g**Fiber** 1.61g**Sugar** 8.69g**Protein** 2.49g**Vitamin A** 428.76IU **Vitamin C** 23.70mg**Calcium** 3.98mg **Iron** 0.45mg